

## EXAMPLES OF KINESTHETIC LEARNING IN A VARIETY OF CLASSROOM SETTINGS

A **kindergarten teacher** reinforces learning of the alphabet by having students form human letters. To further reinforce learning, students perform actions associated with each letter.

A **health teacher** creates a circulatory obstacle course to teach students how exercise makes the heart stronger. The students pretend they are different parts of the circulatory system (blood, heart, lungs) and get to actively learn how the body works and how to keep it healthy.

An **elementary language arts teacher** teaches the editing of sentences by having students “walk through” unedited sentences (a step per word) and using specific movements assigned to capitalization, punctuation, etc. (e.g. a capitalized letter is represented by raising both hands in the air and an exclamation point is represented by jumping up and down in place).

A **language arts teacher** has high school students analyze traits of literary characters kinesthetically such as putting their hands over their hearts to describe what the character loved or touching their shoulders to describe what burdens the character carries.

A **math teacher** demonstrates positive and negative integers by creating a human number line going from the shortest person to the tallest. The person in the middle becomes “zero” and to his or her right are the negative integers (descending by height) and to the left are positive integers (ascending by height).

An **art teacher** is able to teach primary and secondary colors using paper strips of red, blue and yellow paper, gym balls in the center of the room, and pairs of students encircling them. When the teacher yells out a secondary color such as “green” each student in the pair picks up one of the appropriate colors of paper, lock arms and spin three times (representing the mixing of the two primary colors) and finally one partner runs into the center to grab a ball.

A **music teacher** teaches about building a major scale by creating a human one. Then it is possible to teach chord structure by having students in the appropriate scale degrees take one step forward. (Eight students side by side - the first, third and fifth students take one step forward and you’ve created a chord.)

A **social studies** teacher uses students and the classroom space available to teach how the population of a state determines representation in Congress. For example, Montana would be represented by three students while Maryland would have 10 students.